

WHAT IS CLAIMED IS:

1. A spring seat for supporting a spring that absorbs and dampens torsional vibrations, the spring seat comprising:
 - a seat body that supports an end portion of the spring in a direction in which
 - 5 the spring is compressed; and
 - a sliding portion comprised of a material that is different from a material that the seat body is comprised of and capable of sliding on other members.
2. The spring seat set forth in claim 1, further comprising:
 - cover portions that extend from the seat body and which cover outer sides of
 - 10 the spring;
 - wherein the sliding portion is mounted on an outer side of one of the cover portions.
3. The spring seat set forth in claim 1, wherein the seat body is comprised of a material having a high degree of strength, and the sliding portion is comprised of
- 15 a material having a low coefficient of friction.
4. The spring seat set forth in claim 3, wherein the seat body is made of a metal, and the sliding portion is made of a synthetic resin.
5. A spring assembly, comprising:
 - a spring; and
 - 20 a spring sheet set forth in claim 1 and mounted on the end portion of the spring.